

11. The sport-specific training and conditioning device according to claim 10 wherein the grip is shaped like the grip portion of a tennis racket.

12. The sport-specific training and conditioning device according to claim 1 wherein the handle is shaped like the grip portion of a golf club.

13. The sport-specific training and conditioning device according to claim 1 wherein the handle is shaped like the grip portion of a hockey stick.

14. The sport-specific training and conditioning device according to claim 1 wherein the handle is less than about 10 inches long.

15. A sport-specific training and conditioning device for a sport using a hand-held implement having a grip portion, the device comprising a handle shaped like the grip portion of the implement, the handle having first and second ends and being less than about 10 inches long, and a weight on the second end of the handle, the center of mass of the weight being less than about 13 inches from the first end of the handle.

16. The sport-specific training and conditioning device according to claim 15 wherein the center of mass of the device is not located on the handle.

17 A method of training and conditioning for a sport that uses a hand-held implement having a grip portion, the method comprising grasping a device comprising a handle shaped like the grip portion of the implement, the handle having first and second ends, and a weight on the second end of the handle, the center of mass of the device being less than about 13 inches from the first end of the handle, and swinging the device to train and condition the arms.